



Money Mastery Exercise

A Companion to the Money Mastery Program

Douglas Myrick
AromaNetix.ORG
(c) 2017 All Rights Reserved

MONEY MASTERY



AromaNetix

Disclaimer:

The following information is presented for educational purposes only and in no way constitutes financial, medical, or psychological advice or service.

AromaNetix is NOT a substitute for psychological, medical, or financial advice. Should you feel that you need the services of a medical, psychological, or financial professional, you should seek out licensed, trained professionals within those fields.

The knowledge and ideas offered have been beneficial to others, however no one can guarantee that use of this information or exercise may be of benefit to you. We do hope, however, that the information contained can assist you in building a stronger, more successful financial life.

IMPORTANT SAFETY NOTICE:

Do not use AromaNetix exercises or affirmations while operating machinery, while driving, or while performing ANY act that otherwise requires your attention. Be safe. When selecting your aroma, select a safe, pleasing fragrance with which you are already familiar. Be safe and use good judgment. Use at your own risk.

Money Mastery Exercise

Select a safe, familiar aroma to gently sniff as suggested in this exercise. By use of this exercise it is assumed that you are already familiar with how to use aroma during basic AromaNetix exercises and techniques.

FIRST: Review the Affirmations List and select fifteen or more to use.

Next, relax your shoulders while taking in seven deep, slow, cleansing breaths. In through your nose to the count of four...

...exhale through your mouth to the count of six.

Allow your shoulder muscles to loosen more with each breath.

After seven (or more, if desired) relaxing breaths,
allow your eyes to close very slowly....fluttering your eyelids slightly at the moment your eyes close.

Next, take seven slow, aromatic breaths, gently sniffing your chosen processing aroma. Relax more deeply.

Repeatedly rub your forefinger and thumb together ever so slightly, and repeat the following words:

"I now access the movie screen of my imagination.

I enter into the vivid power of my imagination.

I now see myself in the movie theater of my imagination."



* Next, take three slow, aromatic breaths, gently sniffing your chosen processing aroma.

Relax more deeply, and wear a big, silly smile to playfully lighten your mood.

Slowly, very slowly...open your eyes and locate your list of powerful affirmations.

Find the affirmations on the list that you have chosen to use during this exercise.

* To use your chosen affirmations, take in one deep, aromatic breath and begin to cheerfully speak the sentences, pausing a moment between each.

** Once finished speaking your chosen affirmations, conclude by taking in THREE slow, aromatic breaths.

Upon completion of your selected affirmations, please clear your mind.

Relax your thoughts and body for a moment. Look around at your surroundings.

Restore your awareness to present orientation, place, and time.

Be blessed, wealthy, and free always and in all ways.
Amen.

A handwritten signature in black ink, appearing to read "Heather Duffer".